

Chakras

Crown Chakra

Top of the head



Third Eye

Forehead



Throat Chakra

Thyroid area



Heart Chakra

Centre of the chest



Solar Plexus

Above the navel



Sacral Chakra

Below the navel



Base Chakra

Base of the spine



Connection:

I link with Spirit and my higher self, to receive wisdom.

Intuition:

I trust my intuition which guides me to make the right choice.

Communication:

I use my voice wisely as a powerful medicine or strong tool.

Love:

I share my open heart and trust in the abundance of life.

Activity:

I use my power with compassion, fairness and wisdom.

Emotion:

I honour my creative energy and embrace life with passion.

Grounding:

I stand firmly on the earth, move forward and grow strong.